



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"You can't explain what it is like to mourn someone who is still alive,  
unless you have experienced it firsthand."*  
— Jessica Seay Soto—

## The Long Goodbye: Stages of Caregiver Grief

Former First Lady Nancy Regan compared caring for someone with Alzheimer's and other chronic illnesses as the long goodbye. As the chronic illness slowly takes away the person, caregivers and family members may also continuously grieve the loss, even while the person is alive. Here are some tips to deal with this process.

**Face Your Feelings** - It is okay to have conflicting feelings. These are healthy and part of the grieving process.

**Prepare to Experience Feelings of Loss More Than Once** - Grieving is not a linear process. As your loved ones lose more functioning, you can have feelings of loss anew.

**Seek Help** - Take care of your physical health by eating healthy, getting enough sleep and exercising. Take care of your spiritual and emotional health by talking to a grief counselor, sharing your feelings with supportive friends and family or joining a support group.

**Caregiver Support Group**  
**Wednesday, April 6, 2016**  
**4—5:30 p.m.**  
**Alexandria Adult Day Services Center**

## Resources:

**Silver Card Senior Discount Program :** The City of Alexandria's Division of Aging and Adult Services, Senior Services of Alexandria and At Home in Alexandria Silver Card program connects seniors with local businesses. The Silver Service Card offers discounts to Alexandria seniors age 60 and older at participating businesses. To pick up your Silver Service Card, please visit Senior Services of Alexandria at 700 Princess Street, Mezzanine Level (703.836.4414) or At Home in Alexandria at 3139 Mount Vernon Avenue (703.231.0824).

To remove your name from our mailing list, please email [joann.callender@alexandriava.gov](mailto:joann.callender@alexandriava.gov)  
Questions or comments? Email [joann.callender@alexandriava.gov](mailto:joann.callender@alexandriava.gov) or call 703.746.5999



A publication of the  
City of Alexandria  
Department of Community and Human Services  
Division of Aging and Adult Services

April 2016